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NEWS
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SHARING.

Police scour Burnside, turn up no gunman

But officers do find guns after reports of armed man **PAGE 2**

Protesters want Quest care facility closed

Intellectually disabled 'deserve better,' say advocates **PAGE 3**

Practise safe shopping

A 'credit-card condom' is for those prone to forget the reality of their financial circumstances **PAGE 19**

FIFA WORLD CUP FEVER: WE'VE GOT YOU COVERED

CHECK OUT WHAT A NEAR BILLION-DOLLAR DREAM TEAM WOULD LOOK LIKE, AND WHICH CRITTERS ARE KEEN TO FOLLOW IN PAUL THE OCTOPUS' TENTACLES **PAGE 14**



DOORS SWING OPEN TO PUBLIC

Visitors to St. Antonios Antiochian Orthodox Church on Windsor Street get to see the church's renovations in progress for the first time during the second annual Doors Open Halifax event on Sunday. Hundreds of people turned out to get a peek inside 41 venues normally closed to the public. Story, page 5. JEFF HARPER/METRO

'May that healing begin'

Moncton. Days after the Mountie shootings, the pastor at one victim's church tells his congregation that 'life is a gift'

Georges Gevaudan and Const. Douglas James Larche after responding to a report of a man with firearms in a residential neighbourhood of Moncton.

Some people could be seen crying during the service, and many hugged and consoled each other in the church lobby afterward.

Larche's wife Nadine issued a statement Sunday saying he was a family man who lived for his three young daughters.

"He was an extraordinary father and husband, loyal and completely selfless," she said. "Doug had a silly sense of humour, one that he would often only reveal to his family and close friends. He was the best person I knew."

"We now begin the impossible task of honouring his memory and mourning his death."

Police from across Canada are expected to attend a parade and regimental funeral service for the three officers on Tuesday at the Moncton Coliseum.

THE CANADIAN PRESS

The pastor of a New Brunswick church attended by RCMP Const. Dave Ross told a service Sunday that it's time for the healing to begin.

Jerry Reddy asked everyone at Hillside Baptist Church in Moncton to pray for the family, friends and colleagues of the three Mounties killed by a gunman on Wednesday.

"May that healing begin here today," said Reddy, standing in front of a picture of Ross and his wife Rachael on their wedding day. "Our hearts are broken for the lives of those three Mounties who sacrificially died in the line of duty this week."

"Life is a gift to be lived one day at a time."

Ross, 32, was shot and killed along with Const. Fabrice

MORE COVERAGE, PAGE 4

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'Very tense week': Cops find guns but no suspect

Burnside. Armed officers scour Windmill and Dawn roads for nearly six hours

BRAEDON CLARK

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A large police search in Dartmouth ended with officers finding a long gun, but no suspect.

Armed police descended on the area of Windmill and Dawn roads in the Burnside Industrial Park on Saturday afternoon after someone called to report a man with a rifle on the roof of a business.

Dozens of officers were on scene and three buildings were evacuated.

Among the occupants was Ivan Hall, an employee of Dartmouth Metals and Bottles Ltd., who somehow missed the evacuation order.

When he finally emerged from the building, he expected to see one or two officers. Instead, he was greeted by members of the Halifax Regional Police's Emergency Response Team, armed with carbine rifles and wearing body armour.

Hall held his arms out to his side to show he was unarmed, and was quickly escorted away.

"I was just in there washing the walls," Hall said with a rag in hand.

"One never knows, this sort of thing can happen anywhere."

Police set up a perimeter around Dartmouth Metals on Dawn Drive after being called to the scrapyard just



A Halifax Regional Police officer stands at the intersection of Dawn Drive and Windmill Road on Saturday. JEFF HARPER/METRO

after 11:30 a.m.

Traffic was slowed on Windmill Road and there were at least a dozen police vehicles on scene.

The recent events in Moncton certainly lent extra gravity to the situation and may have contributed to what was a very strong response.

"It has been a very tense week for policing," said Halifax Regional Police Sgt. Jeff Carr. "Safety is our utmost concern in these types of situations."

Although officers arrived soon after the call, they could find no trace of anyone other than Hall and another man who jumped a fence to get into

By the numbers

3

Number of firearms found by police after search in Burnside, including one long gun and two "pellet-type" guns.

the area.

He was briefly handcuffed by police, but released after a search of his car.

The force's Emergency Response Team remained in the area for several hours in order to complete their search, which ended just after 6 p.m.

By that point officers had



An employee of Dartmouth Metals holds his hands out as he leaves the business on Saturday. JEFF HARPER/METRO

found what Staff Sgt. Bill Morris described as a "long gun," along with two pellet-type guns.

Morris said the guns had not been fired and that it was

impossible to say if it was the same weapon that the caller reported seeing that morning, or even if anyone had been on the roof at all.

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Dartmouth. Four to face charges after several home and car break-ins

Halifax police say four people are expected to face charges after several cars and two homes were broken into over the weekend in Dartmouth.

A man living on Joan Eleanor Drive said he woke up around 4:45 a.m. Saturday to find someone in his home.

The alleged intruder fled without incident.

Police say officers responding to the break-in found several cars in the neighbourhood had allegedly been broken into.

A resident living on nearby Patricia Lynn Drive reported their home had also been broken into, and three firearms were stolen.

Police said potential suspects were spotted in the area shortly afterward. After

Four arrested

Three of the people arrested are young adult males. The female suspect is a minor.

"a lengthy period" of tracking suspects through woods and residential areas with the help of K9 units, three men were arrested.

Two were found on Portland Street and one on Regal Road. The three stolen firearms were found in nearby woods, police said.

A fourth woman was arrested a short time later. All suspects remain in custody as the matter is still under investigation.

Police say charges are anticipated. **METRO**

Collision

Man in serious condition after motorcycle crash

Police say a 67-year-old man is in hospital with life-threatening injuries after the motorcycle he was driving collided with a minivan on Saturday afternoon.

The accident happened just before 2 p.m. in front of 517 Herring Cove Rd.

The motorcyclist suffered serious injuries and was taken to hospital by paramedics, police said.

The cause of the accident is under investigation. **METRO**

Indian Brook

Mounties seek suspect in stabbing case

RCMP say they are looking for a suspect in an early-morning stabbing incident in Indian Brook.

Officers responded to a home on Eagles Nest Road around 1 a.m. Sunday. A 33-year-old Indian Brook man had been stabbed, and was then taken to Colchester Hospital. He remains in hospital with serious but non-life-threatening injuries.

A release says the Indian Brook RCMP and the North East Nova Major Crime Unit are investigating. **METRO**

Group calls for closure of Quest care facility

Intellectual disability. Protesters demand community-based living, but one mother disagrees



HALEY RYAN
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Lori Watkins was among a small crowd protesting outside the Quest Regional Rehabilitation Centre on Sunday afternoon, calling for community-based living for those with intellectual disabilities because she said "they all deserve better."

About 25 people carrying signs such as "Institutions aren't solutions" and chanting "people first" gathered in front of the Lower Sackville facility as part of a provincial protest by Advocating Parents of Nova Scotia.

Watkins said her 16-year-old daughter Alison, who was also at the protest, is on the autism spectrum and lives at home.

"She's still a human being and she still has a right to choices in her day-to-day life," Watkins said, adding they plan meals together, and Alison likes gardening.

"Here you are told when you eat, you are told when you go to bed," Watkins added. "Alison deserves better than that.... They all deserve better."

Brenda Hardiman, whose daughter Nichole Benn lives at Quest, said the protest was in response to the death of resident Gordon Longphee



Quest supporters, left, debate with protestors outside the special-needs home in Sackville on Sunday. JEFF HARPER/METRO

last month. Police say he was pushed by another Quest resident and they are treating the death as a homicide.

Hardiman said the government needs an "immediate action plan" to start closing "institutions" in Nova Scotia, in favour of small homes where four or five people can live together in a community with assistance.

But not everyone agrees. Yvonne Meuse said her "severely autistic" son loves living at the Quest facility, and the protestors had "got it so wrong" by calling Quest an

institution.

"They work with my son every day. My son can go into public now," Meuse said as the group walked around her, chanting on Sunday. "My son's quality of life is so much better than it ever was."

Meuse said the rehab centre shouldn't be closed

because staff help residents get to a point where they can move into smaller homes.

"They're saying that people don't have a right to put them in these rehabilitation centres, but what about the rights of my son that's in there and he loves it?" Meuse said.

Quoted

"I'm concerned because I don't want my son to lose his home."

Yvonne Meuse, a mother whose "severely autistic" son lives at the Quest facility

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City turns out to express sorrow over Moncton's fallen Mounties

'You just feel at a loss.'

Book of condolences opened for locals to sign to show support for RCMP officers killed in last week's shooting



HALEY RYAN

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Dozens of Halifax residents have come to the Halifax Regional Police headquarters on Gottingen Street to sign a book of condolences for Moncton's fallen RCMP officers.

"People are feeling at such a huge loss here," said Cheryl Chisholm Friday.

RCMP set out the book, which was donated by a local funeral home, so people in HRM could share their



Books of condolence for, from left, Const. Fabrice Georges Gevaudan, Const. Douglas James Larche and Const. David Joseph Ross are displayed at the Codiac RCMP detachment in Moncton, N.B. on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

thoughts and prayers for the officers.

Chisholm signed the book on Friday, and said al-

though many people have been expressing their feelings about the shooting on social media, it's good

to have something more "concrete."

The shooting last Wednesday evening left three

RCMP officers dead and two wounded. The search for the accused gunman, 24-year-old Justin Bourque, lasted nearly 30 hours and caused a large part of Moncton to be locked down.

"It's been an emotional time and I think everybody feels that sadness ... a lot of these officers have young families, and you feel a lot of compassion," Chisholm said.

"You just feel at a loss, and (think), 'What can we do to support the community, as well as the RCMP?'"

Bourque was arrested just after 12 a.m. Friday, and has been charged with three counts of first-degree murder and two counts of attempted murder.

Const. Tammy Lobb, Nova Scotia RCMP spokeswoman, said local RCMP were "very relieved" on Friday that there had been a peaceful

outcome to the manhunt.

Now that the case is before the courts, Lobb said officers across the country can start to grieve.

"When we're responding to traumatic events, we get into a zone. We go into autopilot," Lobb said.

"Now we can say, 'All right, we're going to turn that autopilot off and start winding down.'"

Lobb said the RCMP has seen an "outpouring" of support from across the country, including messages or flowers and food dropped off at different detachments.

Show your support

Books of condolence can be found at the Gottingen Street police station, or RCMP offices in Lower Sackville, Tantallon and Cole Harbour.

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N.S. family mourns loss of 'all-around great person'

The shootings in Moncton have left an Annapolis Valley family in mourning.

Const. David Ross, one of the three RCMP members killed June 4, leaves behind his wife Rachael, his 19-month-old son Austin and another baby due in three months. Rachael, formerly Vander Ploeg, grew up in the Sheffield Mills area of Kings County.

Rachael's brother Adrian Vander Ploeg told the Advertiser his brother-in-law "was an all-around great person."

"When he chose to do something, he would give it his all," said Vander Ploeg. "Whether that be loving his family, which he did so much, (or) perfecting his craft as an RCMP officer and dog handler."

Ross, a Victoriaville, Que., native, worked with the Codiac Detachment as a general duty officer and then as a police dog services handler.

"He loved his dogs. I met them all as Dave was proud to show them," Vander Ploeg said, adding his brother-in-law also loved hunting, fishing and camping.

"I wish I had spent more time with Dave, but I guess I



RCMP Const. David Ross and Rachael (Vander Ploeg) Ross on their wedding day in 2010. CONTRIBUTED

Quoted

"He died doing what he loved and he knew that he was surrounded by family and friends that loved him."

Adrian Vander Ploeg, brother-in-law of fallen Mountie Const. David Ross

took for granted that I'd have him as a brother for a long time to come."

Rachael's aunt, Catherine Visser, told Prince Edward Is-

land's Guardian newspaper her niece and nephew-in-law had had many conversations about the dangers associated with police work.

"Yet, he went to work every day thinking that was never going to happen to him and his wife said he's always very careful," Visser said, her voice trailing off. "These things still can happen."

"He was very dedicated to his work and his family. He was just a wonderful, all-around guy." JENNIFER HOEGG & DAVE STEWART/KINGS COUNTY NEWS

Second Doors Open Halifax event 'highlights our heritage'



Halifax Mayor Mike Savage greets visitors to his office during the second annual Doors Open Halifax event held over the weekend. BRAEDON CLARK/FOR METRO

Lots to see. Hundreds of people turn out for tours of buildings and places normally closed to the public, including Province House and Citadel Hill

BRAEDON CLARK
halifax@metronews.ca

Mayor Mike Savage had the door to his office wide open. At Province House, a young boy had his picture taken in Premier Stephen McNeil's chair.

On Citadel Hill, at least 100 people waited to get a glimpse inside the Old Town Clock.

It was all part of the second Doors Open Halifax, a weekend event that saw dozens of buildings in the Halifax area open their

Venues

41

The number of venues involved in the second annual Doors Open Halifax.

doors to the public.

"I love it, it's a great concept," said the mayor. "It highlights our heritage, which is one of Halifax's strengths."

At St. Paul's Church, which traces its history back to Halifax's founding in 1749, Ambassadors tour guides Cath Fitzgerald and Linda Little took advantage of an opportunity to mix work and pleasure.

"Learning more about these places gives us more facts to pass along to our guests," Fitzgerald said.

A cluster of venues in the downtown area meant that people could check many places off their list in a

short period of time.

Inside Province House, Canada's oldest legislative building, visitors were able to see the legislative assembly, the small but impressive library, and the Red Chamber, a beautiful room that used to house the Legislative Council, Nova Scotia's now-defunct upper house of government.

"They should have this four times a year," said Bruce MacDonald as he toured the library.

"It's fantastic." Many longtime Halifax residents appreciated the opportunity to go to places they'd often passed on the street but maybe knew nothing about.

"I'm 63. I've lived here my whole life, and I didn't even really know what happened in this building," Eric Flanders said of Province House.

"It's so nice to see another part of the city."

Halifax farmers' market set to shuffle dozens of vendors

The Seaport Farmers' Market is set for a facelift.

A new floor plan for the market will concentrate produce and food at the main level, while most artisans will be moved to the top floor.

It's a change that has been close to a year in the making, and market organizers are hoping the new layout will be more open and better organized.

"This new plan highlights

the best the market has to offer and the variety that you can find here," said Julie Chaisson, the market's executive director. "I think people who have been here many times will find new products they've never seen because of the new design."

The revised layout will feature longer clusters of vendors, along with more views of the harbour and a more organized distribution

of products.

About 75 per cent of the vendors are being moved as part of the redesign, and some aren't happy about the changes.

"It's very frustrating," said Barbara Mulrooney, who helps run Julien's Pastries, her daughter's business. "I don't think that the management here is listening to our concerns."

Chaisson said she's ex-

pecting complaints about being moved, but said she's received fairly broad support from the vendors.

"They are buying into the vision of what this place can be, and it's going to benefit them in the long run," she said.

The new layout will debut on a Saturday, and Chaisson said there will be extra staff and even tours available.

BRAEDON CLARK/FOR METRO



Most artisans at the Seaport Farmers Market will be moved to the second floor while food vendors will be clustered on the main level. BRAEDON CLARK/FOR METRO

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Cerebral palsy

Michigan teen finishes 64-km trek carrying brother for CP awareness



Hunter Gandee, 14, and brother Braden, 7. THE ASSOCIATED PRESS

A Michigan teenager carrying his seven-year-old brother on his back has battled heat, rain, fatigue and more to finish a 64-kilometre walk to raise awareness about cerebral palsy.

Fourteen-year-old Hunter Gandee walked from his high school border to the University of Michigan in Ann Arbor. He packed his brother, Braden, on his back throughout the two-day journey.

On Sunday, they strolled up a winding road toward the university's wrestling centre.

Asked how he felt, Braden said simply: "Tired."

Hunter acknowledges there was talk of stopping the walk around the 48-kilometre mark due to chafing on his brother's legs.

Called the Cerebral Palsy Swagger, the trek's goal was to raise awareness about cerebral palsy and to put a face on the disorder, a version of which afflicts the seven-year-old.

THE ASSOCIATED PRESS



70th anniversary of D-Day commemorated

Paratroopers are dropped near the Normandy village of Sainte Mere Eglise, France, during a mass air drop, Sunday, as part of commemorations of the 70th anniversary of the D-Day landings. World leaders and veterans gathered by the beaches of Normandy to mark the anniversary. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Reserves battle stray-dog problem

Wild dogs.

Veterinarians are being brought in to spay and neuter strays and to help with sick and wounded dogs

It's not every day that a hockey rink is turned into an operating room.

That's what happened on a First Nations reserve 12 hours north of Montreal over a four-day stretch last month, when a team of veterinarians set up shop.

They spayed or neutered

about 250 dogs as part of an effort to control the growing stray population in Opitciwan.

It's one of dozens of such campaigns that take place each year across Canada's north, where wild dogs have long been a problem in remote communities, raising a host of health and safety concerns.

In the span of just over a month earlier this year, a 10-year-old girl and seven-year-old girl were mauled to death by dogs in separate incidents in Manitoba.

New initiatives including stricter bylaws, educational workshops and sterilization

campaigns are being employed to get the problem under control. Funding and resources, though, are often scarce.

"The overall goal is to control the stray population to make sure that there's less unwanted and abandoned litters," said Ewa Demianowicz, a manager with Humane Society International who was part of the group that travelled to Opitciwan at the reserve's request. "When you get there, there's an overpopulation problem and ... we see a lot of injured animals or animals that are sick, and there's no veterinary clinic." THE CANADIAN PRESS

1 of every 10,000. Rare Ohio 'mono mono' twins are home for Father's Day

A set of rare mono mono twins born holding hands are home in time for Father's Day.

Jenna and Jillian Thistlethwaite were born May 9 sharing an amniotic sac and placenta at Akron General Medical Center in northwest Ohio.

Hospital spokeswoman

Amy Kilgore says the identical twins went home to Orrville in northeast Ohio on Saturday. They spent nearly a month in intensive care.

They join their parents and big brother, 15-month-old Jaxon. The twins' rare birth condition is called monoamniotic, or mono mono. THE ASSOCIATED PRESS

U.K. Medals of veteran, 92, stolen from his home on D-Day anniversary

Police say a London con-man has stolen the military service medals of a 92-year-old British Army veteran on the Second World War on the 70th anniversary of D-Day.

Sunday's Metropolitan Police statement said the con-man entered the victim's home posing as a water company worker. It happened Fri-

day during live televised commemorations in France of the Allied invasion of Europe.

Police said the man discovered that his visitor had stolen all 11 of his army medals and nothing else. No arrests have been made.

The vet served in the Grenadier Guards. THE ASSOCIATED PRESS

Dead soldier's family adopts his best friend

Dino the dog.

Bomb-sniffing canine taken in by family of marine killed while coming to aid of fellow soldier in Afghanistan

A Texas couple has adopted a bomb-sniffing dog that was with their marine son when he was killed in Afghanistan.

The parents of Staff Sgt. Christopher Diaz adopted Dino after the six-year-old Belgian malinois was discharged from active duty in an emotional ceremony at Camp Pendleton on Saturday.

Diaz, 27, was Dino's handler when he was killed in September 2011 while rushing to help a wounded marine during a raid in Helmand province.

After the death, Salvador Diaz asked to adopt his son's constant companion.

The Los Angeles Times said the law permits such an adoption if it will help a family with the grieving process. The adoption went through after the U.S. Marine Corps received approval from the secretary of the navy.

Dino had to pass a test developed by military dog trainers to ensure he didn't suffer the canine equivalent

Quoted

"We know that he's not going to replace Christopher, but what he'll do is give us a little something that Christopher loved, and that was the Marine Corps and that was Dino."

Salvador Diaz, father of Staff Sgt. Christopher Diaz, killed in Afghanistan in 2011

of post-traumatic stress disorder after his combat experience.

The test showed Dino has the right temperament to be adopted, said Rich Landgrebe, operations manager for the marine working-dog program.

Diaz's mother said Dino will have a large backyard and a swimming pool in his new home in El Paso.

"Dino will be our baby," Sandra Diaz said.

Salvador Diaz told KGTV that adopting Dino wasn't going to ease the pain of losing his son.

"We know that he's not going to replace Christopher, but what he'll do is give us a little something that Christopher loved, and that was the marine corps and that was Dino," he said.

THE ASSOCIATED PRESS



Pakistan tries to cool off as scorching heat envelops country

A boy jumps as people cool themselves off in a canal in Lahore, Pakistan, where temperatures reached 46 C on Sunday. Many cities in Pakistan are facing heat-wave conditions, with temperatures reaching 50 C in some places. K.M. CHAUDHARY/THE ASSOCIATED PRESS

Arizona. Officials work to improve living conditions for 700 migrant minors

Officials are working to improve conditions at a makeshift holding centre in southern Arizona where immigration authorities are housing hundreds of unaccompanied migrant minors.

A federal official said that mattresses, portable toilets and showers were brought in Saturday for 700 of the youthful migrants who spent the night sleeping on plastic cots inside the Nogales area centre.

The U.S. Department of

Homeland Security started flying immigrants illegally in the country to Arizona from the Rio Grande Valley in Texas last month after the number of immigrants — including more than 48,000 children travelling on their own — overwhelmed the Border Patrol there.

The Homeland Security official said the number of children at the warehouse was expected to double to around 1,400. The warehouse has a capacity of about 1,500. THE ASSOCIATED PRESS

Bulletproof. New blanket aims to protect students from disasters at school

An Oklahoma company has created a protective blanket that developers say could give children a better chance of surviving debris from a tornado — or bullets from a 9-mm handgun.

The Bodyguard Blanket, made by ProTect, is a bullet-proof pad designed to protect students during disasters at school.

Steve Walker developed the pad, The Oklahoman newspaper reported. Walker started

on the idea after a massive tornado struck last year in Moore, Okla., killing 24 people, including seven children inside an elementary school that didn't have a tornado shelter.

The new material also protects against nails, shards of metal and other sharp objects.

At \$1,000 per blanket, he and others with the company say buying one per student would be less expensive than building tornado shelters.

THE ASSOCIATED PRESS




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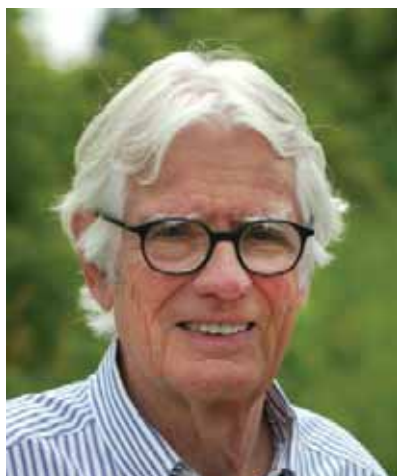
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W. Gifford-Jones, MD Coming to Halifax to Discuss the Benefits of Vitamin C

Lauren Baron - Journalist



Sitting at his desk penning a medical column a few years ago, Dr. W. Gifford-Jones had a heart attack. "It was not a good way to start the day," Gifford-Jones said. "I damn near died."

Following surgery, his doctor prescribed cholesterol-lowering medication as the only way to avoid future heart attacks and possible death. But Gifford-Jones wasn't convinced.

His more than 37 years working as a medical journalist brought Gifford-Jones into contact with many controversial medical claims, including that of double Nobel Prize winning biochemist Dr. Linus Pauling, who believed that cardiovascular disease and heart attacks in particular are caused by a vitamin C deficiency.

"Vitamin C is responsible for the manufacturing of collagen that holds cardiovascular cells together," Gifford-Jones said. "Lysine makes the glue that holds those coronary cells together stronger."

It sounded like an interesting theory to Gifford-Jones at the time, but he didn't take it seriously until after his heart attack.

"When it's your life at stake, you give it a lot of thought," Gifford-Jones said. "I thought I would take a risk and take vitamin C and lysine."

He is a graduate of the University of Toronto and Harvard Medical School. His weekly column is published in over 50 Canadian newspapers and reaches six million readers.

Though he says 99.9 per cent of doctors would disagree with taking vitamin C and lysine instead of cholesterol-lowering medication to fight cardiovascular disease, Gifford-Jones stands by the theory because he says he's seen the results.

He, too, was skeptical until he met British doctor Sydney Bush, whose work indicates that vitamin C and lysine can reverse the damage done by cardiovascular disease.

"Looking down through history, doctors indeed have closed minds and new ideas are very difficult to get people to accept," Gifford-Jones said. "I was skeptical, I thought it was too good to be true, but I hopped on a plane and went over to England, saw the before and after pictures and the proof was in the pictures."

Gifford-Jones will take audience questions and explain the vitamin C theory during his FREE lecture at Future INN, 30 Fairfax Dr. Halifax, NS. Friday June 13th from 7:00 - 9:00pm.

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Search widens for jail escapees



From left, Denis Lefebvre, 53, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in suburban Quebec City Saturday. SURETE DU QUEBEC

Brazen jailbreak.
 Police on alert across Canada and U.S. for three Quebec inmates who fled detention centre by helicopter

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many of-ficers who are scattering all the areas possible. Investigators are, of course, checking every lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be monitoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre in suburban Quebec City around 7:45 p.m. with the help of a helicopter.

The facility is lined with barbed-wire fencing and features a watch post. The chopper landed in a courtyard of the detention centre, then quickly took off again heading west, police said.

It's the second helicopter

jailbreak in the province in 15 months.

The three men were originally arrested on drug trafficking and gangsterism charges in 2010, according to police. Denis is also facing first-degree murder charges, while Lefebvre and Pomerleau are facing charges of murder and conspiracy to murder, according to the Quebec provincial police website.

Police said the men were swept up in a 2010 police operation called Operation Ecrevisse (Project Crayfish), aimed at bringing down a drug trafficking ring in north-western Quebec.

During the raid, police made 51 arrests and seized \$905,000 and 2 kilograms of cocaine, police said. They also seized a plane and a helicopter. **THE CANADIAN PRESS**

Man and woman shoot three dead in Las Vegas

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Walmart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot two officers who were eating lunch at point-blank range, Las Vegas police spokesman Larry Hadfield said.

The suspects then fled to the Walmart across the street, where they fatally shot a person inside and then killed themselves in an ap-

parent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement. "My thoughts and prayers go out to the victims and their families."

One of the suspects yelled, "This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case

where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahon said the male suspect yelled, "Everyone get out," before shooting at Walmart.

Walmart employees and shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Walmart remained closed as detectives processed evidence.

McMahon said the investigation is "very complex" because it involves more than 1,000 witnesses.

THE ASSOCIATED PRESS

Monday, June 9

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Madrid

King of Spain
abdicates in
favour of his son

Spain's King Juan Carlos has presided over his last military parade before abdicating in favour of his son.

Prince Felipe accompanied the king at Sunday's annual Armed Forces Day ceremony that honours those who died in the service of the nation.

Also Sunday, a new poll showed most citizens want a referendum to decide whether Spain should remain a monarchy.

Pollster Metroscopia found that 62 per cent of respondents said they wanted a referendum on the monarchy "at some point." A majority also said they favoured the king's abdication.

The poll was published Sunday in El Mundo newspaper.

The prince is due to be proclaimed King Felipe VI on June 19.

THE ASSOCIATED PRESS

Seattle shooting

Donations
continue to grow
for hero, victims

More than \$60,000 has been donated online for the victims and hero of the shooting that left one dead and two injured at a small Seattle university.

As of Sunday afternoon, a fundraising page for Jon Meis, a student who pepper-sprayed and tackled the gunman Thursday at Seattle Pacific University, had grossed more than \$44,000. A fundraising page to cover the costs of Paul Lee's funeral and Sarah Williams' medical care is nearing \$13,000. Another page started by Williams' family had raised nearly \$5,000. More donations are expected.

A lone gunman armed with a shotgun opened fire in a university building, killing 19-year-old Lee and wounding 19-year-old Williams, who remains hospitalized. The other injured student has been released from the hospital.

THE ASSOCIATED PRESS

Activists try new tactics in post-coup Thailand



A Thai soldier on guard at an overpass in Bangkok's Victory Monument, Thailand on Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Bangkok. Faced with threat of jail by the military, anti-coup activists get creative, turn to social media

Activists protesting last month's military coup in Thailand face a possible two-year jail term if they get too strident, so on Sunday they found a new way to show their sentiments: handing out "sandwiches for democracy."

A small group of student activists from Bangkok's Thammasat University had hoped to hold a picnic rally, but they found the park next to their campus sealed off by the authorities. Instead they paraded down a nearby street, handing out sandwiches and cakes to anyone who wanted them. One older man accompanying them shouted to onlookers, "Sandwiches for democracy!"

Other anti-coup activists have held silent public readings of symbolic works such as

Nineteen Eighty-Four, George Orwell's indictment of totalitarianism. But the intimidation level is high, with the authorities rolling out thousands of troops and police whenever they anticipate a protest. Those charged with breaching the junta's regulation against stirring up unrest are liable to be tried before a court-martial.

The military council that took power May 22 has been the toughest post-coup regime in Thailand in more than four decades, summoning over 300 people perceived as threats to public order — including members of the ousted civilian government, activists and intellectuals — to elicit pledges, not to instigate unrest.

The protest movement suffered a blow last week when a leading organizer was arrested and much defiance now takes place online, where protesters encourage each other to post photos of themselves giving a three-finger salute, a symbol of resistance adopted from the movie The Hunger Games.

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Thousands of Venezuelans rally in support of jailed opposition leader

Venezuelans who oppose their country's socialist-led government rallied peacefully in Caracas Sunday to protest the continued detention of an opposition leader and to call for an early presidential election.

Anti-government activists massed to voice support for hard-line opposition leader Leopoldo Lopez, who has been

held in a military prison since being arrested in February on charges of fomenting violence as a result of the initial protests. A judge ordered last week that Lopez proceed to trial. Those at Sunday's protest also renewed their call for President Nicolas Maduro to leave office and for Venezuela to hold a new presidential election.

Venezuela's constitution allows for an early presidential election if the president should resign. It also allows such a ballot if a leader is ruled physically or mentally incapacitated by the Supreme Court or dies in office, as happened last year with Hugo Chavez, who had anointed Maduro as his choice to take over the presidency.

The anti-Maduro movement has lost steam in recent weeks, but demonstrations still crop up across Venezuela. The protests, which have seen 42 deaths and 873 injuries, are fed by anger over Venezuela's 59 per cent inflation rate, shortages of basic goods and a high crime rate.

THE ASSOCIATED PRESS

TOP
SIX@6

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 DJ Snake ft Lil John
Turn Down For What
- 5 Ariana Grande ft Iggy Azalea
Problem
- 4 Jason Derulo
Talk Dirty
- 3 Calvin Harris
Summer
- 2 Pitbull ft GRL
Wild Wild Love
- 1 Iggy Azalea
Fancy

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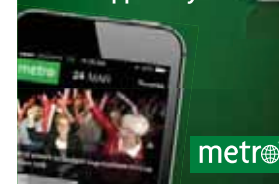
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Gunmen storm Karachi airport; 13 die in siege

Pakistan's fragile security. In a separate incident, suicide bombers kill 23 Shiite pilgrims as they return home from Iran

Gunmen disguised as police guards stormed an airport terminal used for VIPs and cargo at Jinnah International Airport in Pakistan's largest city Sunday night, killing at least 13 people as explosions echoed into the night, officials said.

Militants stormed the Karachi airport before midnight Sunday and battled for roughly five hours with authorities.

Meanwhile, suicide bombers in southwestern Pakistan killed 23 Shiite pilgrims returning from Iran in a separate incident, underscoring how fragile security is in Pakistan. The attack occurred at a hotel in the town of Tufan near the Iranian border.

The airport attack was a serious security breach in the country's biggest city.

Heavy gunfire and at least two large explosions could be heard coming from the ter-

minal at Jinnah International Airport as authorities scrambled to secure the area.

Dr. Seemi Jamali from Jinnah Hospital in Karachi said nine bodies had been brought to the hospital at the time she was interviewed.

The doctor said seven were from the Airport Security Force personnel, one was an employee of the Civil Aviation Authority and another was from the state-run airline.

THE ASSOCIATED PRESS

Quoted

"I was working at my office when I heard big blasts — several blasts — and then heavy gunshots."

Sarmad Hussain, an employee of Pakistan International Airlines, who escaped from the area along with a colleague who broke his leg while fleeing



Pope Francis meets Shimon Peres, Mahmoud Abbas

Pope Francis and Israel's President Shimon Peres greet each other during an evening of peace prayers with Palestinian President Mahmoud Abbas in the Vatican gardens on Sunday. Pope Francis waded into Mideast peacemaking weeks after the last round of U.S.-sponsored negotiations collapsed.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Remote area

Deadly flood in Afghanistan

More than 80 bodies have been found after a devastating flash flood in Afghanistan's mountainous and

remote north, a provincial official said Sunday, as police and villagers scoured the rugged terrain for missing people. Lt. Fazel Rahman, the police chief in the Guzirga i-Nur district of Baghlan province, said the death toll from Friday's flash flooding

had climbed to 81 from 54. The flood destroyed some 850 houses across several villages and damaged more than 1,000, leaving thousands needing shelter. "I have lost everything — my parents, my wife and five children," said Sahib Nazar. THE ASSOCIATED PRESS

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Unity. UN backs Palestinian government

A United Nations envoy became the first senior international official Sunday to meet with ministers of the new Palestinian unity government in the formerly Hamas-ruled Gaza Strip, assuring them of UN support.

Robert Serry's visit came despite repeated Israeli appeals to the international community to shun the unity government, which is backed by rivals Hamas and Fatah.

The West considers the Is-

lamic militant Hamas a terror group but appears to have accepted assurances by Palestinian President Mahmoud Abbas, the leader of Fatah, that the new cabinet will follow his non-violent program.

The unity government replaces two separate Palestinian administrations — one in Gaza run by Hamas and the other headed by Abbas in the autonomous parts of the Israeli-occupied West Bank. The split

between the long-standing rivals broke open after Hamas overran Gaza in 2007, wresting control there from Abbas.

Meanwhile, Israeli-Palestinian tensions have risen. Last week, Israel announced it is promoting plans for hundreds more apartments in Jewish settlements in the West Bank and east Jerusalem, war-won lands Abbas wants for a Palestinian state, along with Gaza.

THE ASSOCIATED PRESS

Shot by Israeli forces

Palestinian fisher killed

A 51-year-old Palestinian fisherman died Sunday from wounds he suffered after his boat was shot at by Israeli forces two weeks ago. Israeli naval boats patrol the seas off Gaza's coast to maintain a naval blockade of the territory.

THE ASSOCIATED PRESS

President promises down on

Morsi supporters suppressed.

Pro-democracy groups accuse el-Sissi of reviving Mubarak-era police state

Egypt's newly sworn-in president vowed Sunday there would be no reconciliation with anyone who had "committed crimes" or "adopted violence" against Egyptians, a thinly veiled reference to the Muslim Brotherhood and other Islamists.

Abdel-Fattah el-Sissi was addressing a gathering at a Cairo presidential palace hours after he was sworn in as Egypt's president before the Supreme Constitutional Court.

The 59-year-old career soldier did not mention the Brotherhood by name or supporters of the Islamist Mohamed Morsi, the president he ousted in July after just a year in office.

Since Morsi's ouster, authorities have staged a massive crackdown against Islamists, killing hundreds and jailing close to 20,000 others. The government has banned the Brotherhood and labeled it a terrorist organization. In the meantime, Islamic militants have stepped up attacks in the Sinai Peninsula after Morsi's ouster and later took their campaign to the mainland.

"There will be reconciliation between the sons of our nation, except those who had committed crimes against them or adopted violence," el-Sissi said. "There will be no acquiescence or laxity shown to those who resorted to violence."

El-Sissi also vowed to fight corruption at all levels and appeared to make an overture to the pro-democracy and secular youths, many of whom boycotted last month's presidential election. They accuse the new president of reviving Mubarak's police state, pointing to a law passed last year that restricts protests as well as the jailing of a number of well-known activists.

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of Egypt to crack violence

Prisoner exchange

Ex-PoW says his Taliban captors tortured him

U.S. Sgt. Bowe Bergdahl has told people treating him at an American military medical facility in Germany that he was tortured, beaten and held in a cage by his Taliban captors in Afghanistan after he tried to escape, a senior

U.S. official said Sunday.

Speaking anonymously, the official said it was difficult to verify the accounts Bergdahl has given since his release a week ago.

Bergdahl, now 28, was captured in June 2009 after he disappeared from his infantry unit. He was held for nearly five years by Taliban militants.

Taliban spokesmen could not be immediately reached for comment

Sunday. On Friday, Taliban spokesman Zabihullah Mujahid told The Associated Press by phone that Bergdahl was held under "good conditions." The claim could not be independently verified.

Military doctors at the Landstuhl Regional Medical Center say that while Bergdahl is physically able to travel, he's not yet emotionally prepared to be reunited with his family. He has not yet spoken to

his family.

It's unclear when he may get to go home.

Bergdahl was returned to the U.S. military in exchange for the release of five Taliban militants from the U.S. military prison at Guantanamo Bay, Cuba.

"It would have been offensive and incomprehensible to consciously leave an American behind, no matter what," Secretary of State John Kerry said.

THE ASSOCIATED PRESS



Supporters of President Abdel-Fattah el-Sissi wave his posters in front of the Supreme Constitutional Court in Cairo, Sunday. AMR NABIL/THE ASSOCIATED PRESS



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FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise (\$900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At \$52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both

priced at \$80.7M. They would be accompanied by German captain Philipp Lahm (\$43.7M) and Brazil's Marcelo (\$37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth \$80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of \$74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of \$178.2M. His La Liga rival Cristiano Ronaldo stars with \$148M. Brazil's Neymar comes in with a price of \$88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff. Here are some other critters keen to follow in Paul's tentacles for the World Cup in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts Poland would beat



Greece in the opening game. Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. EDGAR SÁNCHEZ/FOR METRO.

PHOTO: THE ASSOCIATED PRESS

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court was expected to rule Sunday on whether the strike is legal. THE ASSOCIATED PRESS

THE WORLD CUP IN NUMBERS

13

Number of teams that took part in the first FIFA World Cup in 1930.

64

Number of matches to be played.

12

Number of host cities they will be played in.

2

Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67

Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113

Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32

Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M

Number of people expected to travel around Brazil during the World Cup.

2,000

Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

192

Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

6.3M

Population of Rio de Janeiro, where the final will be held.

73,531

Capacity at Brazil's biggest stadium, Estadio do Maracanã, home to two local football clubs, Flamengo and Fluminense.

4

Hours per day the average Sao Paulo motorist spends in traffic jams.

5.8

Brazil's average annual coffee consumption per person, in kilograms (13th highest in the world).

\$11B

Cost of the 2014 World Cup according to the Brazilian government, making it the most expensive to date. South Africa spent \$4 billion in 2010, Germany spent \$1.6 billion in 2006.

\$15

Starting ticket price for a group game, for Brazilians. \$90: Starting ticket price for a group game, for everyone else.

\$440

Official starting ticket price for the World Cup final \$6,000: Stubhub starting ticket price for the World Cup final.

\$3.03B

Estimated revenue generated by World Cup-related tourism.

600,000

Number of foreign visitors expected for the World Cup. 55,400: Number of hotel rooms in Rio de Janeiro.

\$460

Average cost a night of a Rio hotel room during the World Cup. \$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%

Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

\$7.6B

Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost \$121.7 million.

6

Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32

Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.



It's do-or-die time for World Cup advertisers

Brazilian soccer player Anderson Hernandes de Carvalho Viana Lima (known as simply Hernanes) holds the 2014 World Cup official soccer ball, called Brazuca, after it was unveiled in Rio de Janeiro, Brazil in late 2013. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies that are jockeying for their once-every-four-years shot at the ever-growing global soccer market. “It’s the World Cup. It’s do or die. Win or go home,” said Adidas merchandise manager Peter Hong, alluding to more than the on-field competition in Brazil.

VICTOR R. CAIVANO/THE ASSOCIATED PRESS FILE

Mutual fund success is relative



HOW TO ROLL
Alison Griffiths
metronews.ca

“My mutual funds have been doing great!” extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn’t have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund cost \$10 a unit a year ago and is now trading at \$12 (a 20 per cent increase) doesn’t mean that

the fund is standing on top of the heap.

All her funds are issued by Scotia Asset Management, which is part of Scotiabank where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Despite the name, it has more than 23 per cent invested outside the country. That’s not a problem, but a key fact when assembling a portfolio.

My relative starting buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10 years it has been in the bottom 12 per cent or so of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index and every fund manager wants to beat that benchmark. In this case, the comparable index is the Morningstar Canadian Neutral Balanced Index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: You can’t know if a fund is good or bad until you have the comparative figures.

Could see a 4.5% cut

Retirees face tough choices in Detroit bankruptcy

Retired Detroit bus driver Art Vardiman recently received a computer disk in the mail that contains hundreds of pages of documents. He also got a six-page blue ballot about cuts to his pension and a white one about health insurance. A 25-page notice explains why the changes are being proposed in Detroit’s historic bankruptcy.

Vardiman, 63, and thousands of others must try to

make sense of the legalese and complexities of the largest public bankruptcy filing in U.S. history and cast votes that will affect how much they will earn for the rest of their lives.

Detroit’s bankruptcy is at a critical stage after the Michigan legislature last week approved a \$195-million US lifeline to help prevent steep cuts in Detroit’s pensions and the sale of city-owned art. With Gov. Rick Snyder expected to sign the measure this week, attention now turns to the tens of thousands of creditors, especially 32,000 active, former or retired em-

ployees, who have until July 11 to vote on the city’s plan to shed \$18 billion US in debt and become solvent again.

The stakes are great — and painful. General retirees — trash haulers, mechanics, janitors, clerks — would see a 4.5 per cent cut in their pension and the elimination of annual inflation payments. In addition, some who received generous annuity returns from the pension fund, even in awful market conditions, would be forced to give back as much as 20 per cent. Detroit insists the cuts will be even worse if the plan is rejected. **THE ASSOCIATED PRESS**

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CREDIT WHERE CREDIT IS DUE

When he was still the Opposition leader, Stephen McNeil met with former residents of the Nova Scotia Home for Colored Children. He listened to their claims that, as mostly black and often orphaned children, they'd been subject to physical, sexual and psychological abuse at the hands of their mostly black caregivers and, worse, that their complaints had been dismissed or ignored by decades of white Liberal and Conservative politicians and bureaucrats who were supposed to protect them.

During last fall's election campaign, McNeil promised to reverse the then-NDP government's stone-deaf policy of legally challenging certification of their class action lawsuit on the grounds that some of the allegations were necessarily based on hearsay or speculation.

As premier, McNeil promised what he called a "respectful" conclusion.

And last week, he delivered.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

The department of justice announced a tentative \$29-million settlement involving more than 150 former residents, and likely at least as many more who are expected to ultimately join the class action.

It is another stop on a long, painful journey that began in 1998 with a failed attempt to file a complaint with the RCMP about abuse at the home. By 2001, the first civil lawsuits had been filed and the numbers of complainants rapidly spiralled upward.

Last year, the home itself agreed to a \$5-million settlement in a separate arrangement, but the province stubbornly resisted making a deal.

McNeil, who paid tribute to the courage of the former residents — calling the road to settlement "a tough process on everybody involved" — coupled last week's announcement of the financial settlement with equally welcome news that there will eventually be a public inquiry along the lines of the native residential schools process in

Brief history of the Nova Scotia Home for Colored Children

It is another stop on a long, painful journey that began in 1998 with a failed attempt to file a complaint with the RCMP about abuse at the home. By 2001, the first civil law suits had been filed and the numbers of complainants rapidly spiralled upward.

order to allow the former residents to bear public witness to what was done to them. Darrell Dexter's government had also been reluctant to call such an inquiry.

Tony Smith, a former resident who organized and advocated on the residents' behalf, praised McNeil. "He listened, he asked questions. He actually got involved in trying to understand what was going on with us."

The real question is: Why did Dexter and the NDP fumble so badly on this one?

WE ACT: CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

What does your average day



Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life



"Sometimes I just sit with them and hold their hand. They

may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I

sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

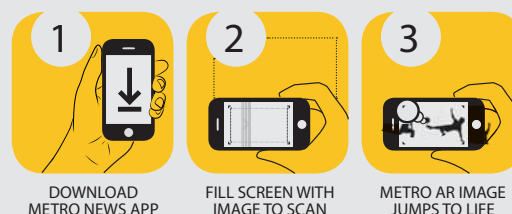
What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 25 in Sports

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MetroTube

Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing Frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? ([lindsayhxo/Instagram](#))



ETHAN MILLER/GETTY IMAGES

Ebooks

Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

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MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgement of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a \$48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in \$29.1 million.

THE ASSOCIATED PRESS

Future's feeling timeless with a disc full of 'classics'

Forward thinking.

Atlanta rapper never said he was humble, just that he was Honest

NEIL MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time."

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is Future's most well-rounded body of work to date. Its songs transition seamlessly between curb-stomping street anthems



Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his 2012 debut Pluto, but now he seems to have mastered the formula.

And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says, "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to

look back like, 'Man, he had so many classics on there.'"

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

2 SCENE

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Coulier talks about what you, you, you oughta know

Dave Coulier is dispelling the post-Full House urban legend that has dogged him for years.

No, he's not the reviled subject of Alanis Morissette's *You Oughta Know*, although he admits he didn't help debunk the story when it first made the rounds.

"You know, it's just funny to be the supposed subject of that song. First of all, the guy in that song is a real a-hole, so I don't want to be that guy. Secondly, I asked Alanis, 'I'm getting calls by the media and they want to know who this guy is,'" he tells BuzzFeed.

"And she said, 'Well, you know it could be a bunch of people. But you can say whatever you want.' So one time, I was doing a red carpet somewhere and (the press) just wore me down and everybody wanted to know so I said, 'Yeah, all right, I'm the guy. There, I said it.' So then it became a snowball effect."

THE CANADIAN PRESS



Antonio Banderas and Melanie Griffith ALL PHOTOS GETTY IMAGES

It's break-up season in Hollywood, with Antonio saying adios to Melanie

This weekend saw a lot of famous couples splitting up — or at least, announcing that they've done so. Most shockingly, Antonio Banderas and Melanie Griffith are divorcing after 18 years of marriage. Griffith filed for divorce, citing irreconcilable differences, and also asked for child and spousal support. On the other side of the Atlantic, Scottish DJ Calvin Harris and singer Rita Ora announced that they broke up some time

ago after dating for more than a year. Last, but not least, sources say that Jennifer Lopez and Casper Smart have split after two-and-a-half years together. Apparently the split happened before Casper Smart was caught in what is reportedly a sexting scandal. So technically he wasn't cheating then, right? He was seen leaving JLo's house in L.A. this weekend, though, so perhaps they're still friendly.

METRO WORLD NEWS

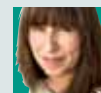
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Nobody took a wrecking ball to Miley's stolen Maserati



STARGAZING
Malene Arpe
scene@metronews.ca

Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, the brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney

Spears' sister had that market cornered.

Charlie Hunnam says it was a "heartbreaking choice" to quit *Fifty Shades of Grey*. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for \$3.4 million, a new show called *I Slept With a Celebrity*, or Katy Perry releasing *Royal Revolution*, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."



Tracy Morgan

Trucker charged in crash that injured Tracy Morgan

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former *Saturday Night Live* and *30 Rock* cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaída Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said.

Instead, the big rig smashed into the back of the Mercedes limo bus, prompting a chain-reaction crash with a second tractor-trailer, an SUV and two cars, authorities said. No one in the other vehicles was injured.

So far, there is nothing to suggest Roper fell asleep or was dozing, state police Sgt. 1st Class Greg Williams told The Associated Press.

Roper, accompanied by his attorney, turned himself in to state police. He was released on \$50,000 bail Saturday night, Wal-Mart spokesman David Tovar said Sunday.

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Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled *Monopoly Money in the Journal of Experimental Psychology* reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending ..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans



Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

— would you be as willing to drop gobs of your hard-earned money on stuff knowing full well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?

- You already owe \$2,500 on this card.

- Is this a need or a want?

You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save \$2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?

- You're setting up an RESP. Spend now, or use this money to prepare Baby Kris for the future!

- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have \$1,000 saved for an emergency by the end of the year. Write your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

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Change your attitude, change your office

Watercooler wellness.

Unless you're a CEO, you can't pick the people you work with, so use these tips to create peace in your professional life

GABRIELLE
BERNSTEIN
Metro World News

Working with others can be a lot of fun, but it can also be your chief source of stress. The fact is, most of us were never taught the art of healthy collaboration, so navigating working relationships can be tricky.

In any collaboration, you're dealing with different personalities and energy. When your energy doesn't flow with someone else's, getting even simple things done can be a massive struggle.

Throughout my career as an entrepreneur, I've worked with many different vendors, agents, assistants and clients. Sometimes the rela-



When you can accept that everyone is fighting their own tough battles, you can show up to the office with more compassion. ISTOCK

tionships seem to flow naturally, but in other instances it's been tedious and trying. It's important to me to have a more efficient and peaceful

work life, so over time I've developed and committed to some key best practices.

If you struggle to get along with your co-workers,

They are who they are

"No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours."

Gabrielle Bernstein

clients or other colleagues, follow these three guidelines. They're guaranteed to change the energy, increase your productivity and keep the peace.

It's not about you

Everyone comes to work with his or her own baggage. People show up to the office with neuroses dating back to childhood; fighting their own fear-based stories and limiting beliefs.

No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours. Therefore, it's essential not to take other people's personalities to

heart. Their issues truly are not about you.

Focus on what you can give rather than what you can get

When you enter into any kind of work relationship (whether with a boss, a client, a co-worker or someone you're negotiating with), showing up with a service mentality has a powerful influence on

your behaviour and the outcome of a situation.

This simple change in mindset has a huge effect. Most of us are used to walking into a business situation with a "What can I get?" attitude. Instead, ask yourself, "What can I give?" Bringing forth an energy of service helps other people want to serve you back. Focus on how you can create a space where everyone wins.

Attitude is everything

By now you know the difference between what happens when you show up to work with a "baditude" and when you show up in good spirits.

- The moment you arrive in the office, you set the tone for the rest of the day. Your positive attitude is everything when it comes to healthy work relationships.
- To start your day off right, commit to approaching things with a positive intention. Before you walk through the door to your office, silently bless everyone you work with.
- Envision them smiling and happy. Send each one a positive thought. Your energy and intentions speak much louder than your words. Bring your good vibes to the office and expect miracles!

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LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Who is waiting for you across the finish line?

The afternoon after I crossed the finish line in the Gobi March, I lay in an ice bath with my tuque on to reduce my body's swelling from the race.

As ultra-runners do, I had consumed excessive amounts of salt while running to retain water and stay hydrated in the viciously hot desert.



After a life-changing goal is completed, prep for re-entry in the real world by getting help from your support system. ISTOCK

As the enormity of ending a five-month project settled in, my emotions were mixed.

I was mentally exhausted, elated to have done well, and humbled by the desert. However, the strongest emotion that took hold of me was a dreadful case of the blues brought on by a rapid comedown.

Before I knew it, I became paralyzed by my emotions.

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

When a friend takes on a big project, be it a work or life

project or recovering from an injury, we will naturally support them as they go through the journey.

Often though, we forget how that project will change or even transform them and that within hours or days after re-entering their old lives, reality will collide with a harsh, hard place called, 'Now what?'

At the end of a project, re-entry into day-to-day life usually involves make-up time for all that was diverted or invested in the project.

Yet it is also a time when even more buoyancy from support groups is required to help the re-integration.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

BIKE WEEK

Peddalling a broad cycling infrastructure

Cycling is very much an important part of healthy and progressive communities.

The good news is HRM is becoming more and more bike friendly and it's not hard to find proof of this. Consider that in 2001, HRM had a single bike lane, which was on Brunswick Street. Today, there are about 105 kilometres of roads with bike lanes or paved shoulders, as well as 135 kilometres of greenway trails.

HRM Bike Week is another prime example. This year's event will feature over 50 events and runs until June 15. Back in 2006, Bike Week featured 18 events.

Bike Week is jam packed with great events for all levels of cyclists, as well as people who are interested in taking up cycling. Some of the events include a free bike maintenance clinic, a free pancake breakfast, and free safety inspections.

There are a lot of good reasons to cycle. Not only is cycling a great source of physical activity, it also helps get vehicles off the road, which helps reduce greenhouse gas emissions. Having fewer and fewer vehicles on



the road also reduces the need to build new roads and reduces the repair work that needs to be done to existing roads. Plus, there are other benefits.

"It takes pressure off of widening roads, increasing the number of parking spaces and building more bridges," says Mayor Mike Savage. "Economically, I think it makes sense for



CONTRIBUTED PHOTOS

individuals and I think it also makes sense for communities."

In addition to organizing Bike Week, some of the other things HRM is doing to encourage cycling are expanding the municipality's bike-route network, providing on-street bike parking, and publishing the Bike and Green-

ways Map. The map bills itself as showing "suggested routes that have been identified by experienced local cyclists, local community organizations and members of HRM's Active Transportation Advisory Committee."

So, get out, get active and enjoy Bike Week.

Mayor's Ride just one example of Halifax's bike culture

Mayor Mike Savage had a great time taking part in last year's first ever Mayor's Ride, an event where he and about 75 others biked from Victoria Park to city hall. The only downside to the event was the wet weather. Hopefully, the weather is a little more accommodating for this year's second annual Mayor's Ride.

The event is happening today from 3:30 p.m. to 5 p.m. This time around, Savage and

others will be biking from Bicentennial Junior High to Alderney Landing.

Bicentennial provides a good example of the growing acceptance of cycling. The junior high has its own bicycle club and its members will be joining Savage on the ride, along with anybody else who would like to participate.

Savage feels the event sends an important message, specifically that "biking is a

part of our city and will increasingly be a part of our city."

He points to the Crosstown Connector as an example, which is the first north-south cycling corridor on the peninsula.

Because the Mayor's Ride involves youth, this reinforces the need to have good, safe routes for cyclists.

"We have to make sure these bike lanes become more and more a part of the way we

plan our communities," says Savage.

When riders end up at Alderney Landing, there will be healthy food provided from local vendors. The intersection of cycling, youth and local food are all ingredients to a healthy and liveable community.

The city wants to do more to promote the use of cycling and Savage feels the Mayor's Ride is just one example of what the city is doing.

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Bike Week special from June 6th to 15th

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Storage solution is here

More and more people are looking to use active transportation to commute to work. In the case of cyclists, they face a few challenges. For example, where can they securely store their bike? After the ride, they may be sweaty and

looking to shower. Is there a place to do that?

Making active transportation for commuters more feasible will require innovative solutions. For people who lease space from Crombie REIT, the commercial property firm, there is a solu-

tion. It's called the Bike Room and it's a secure bicycle storage facility located in the ground level of Barrington Tower, one of Crombie's properties.

The facility includes wall-mounted bike racks, day-use lockers, and male and female locker rooms with showers. The Bike Room also has nice amenities such as flat screen TVs,

ironing boards and lots of electrical plugs for hair dryers, hair straighteners and electric razors.

People who walk, run or rollerblade to work can also use the facility. Some users of the Bike Room go for runs on their lunch hours and then use the facility to get them ready for when they return to the office.



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COURTESY MATTHEW WORONASLASH/HALIFAX CYCLING COALITION

Bike repair 101: it's public

In Halifax and Dartmouth, there are eight public bike repair stations. The stations have an air pump, as well as basic tools so that people can carry out basic repairs such as adding air to their tires or adjusting their brakes.

"These are stands anybody can use," says Ben Wedge, the co-chair of the Halifax Cycling Coalition's (HCC) board of directors. "They are publicly accessible and can be used 24-7."

On Wednesday, June 11, HCC is going to have volunteers located at five of the eight stands to show people how to use them and help out with minor repairs. (A ninth repair stand will soon be installed at the Alderney Ferry Terminal.)

HCC is also working on a bike loan pro-

gram which it hopes to roll out this summer. The program will lend out bikes for two weeks at a time to allow people to test drive using a bike for commuting purposes. At the end of the two weeks, people will have earned incentives to help with the purchase of a bike should they choose to do so.

The focus of the program will be on using bikes which are meant for commuters. These bikes put people in an upright position, allow them to wear their work clothes and feature mud guards to keep dirt and rain off people's clothes.

These two projects are part of HCC's mission to make cycling an easy choice for Haligonians.

On the road to a healthy workplace!

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Switch to open Portland, Prince Albert

For the past year, Tim Rissesco's seven-year-old boy has been asking him one question with a lot of regularity: When is that day coming when we are going to be able to walk on the street again?

The answer is June 15 and August 24.

These are the dates when Switch Dartmouth will be taking place, and will mark the second and third time it has taken place.

Switch is an event which closes down certain streets and vehicles aren't allowed. Instead, the only traffic allowed are pedestrians

and people using active transportation, such as cyclists, rollerbladers and skateboarders.

Switch will be happening on Portland Street and Prince Albert Road. The two-kilometre route will begin where those streets cross paths with Alderney Drive.

"It's just going to be a fantastic day," says Rissesco. "It opens the street and brings it together."

The experience is a liberating one because people get to walk the streets free of any restrictions and not have to worry about coming

into contact with vehicles. This means they can zig-zag their way up and down a street. In the process, they become more in touch with the community and get to see it from a different vantage point. Not only do they get to discover the many great businesses located on those streets, they also get to see subtle things, like the elevations of the streets.

There will also be yoga classes, a concert and the Nova Scotia Multicultural Festival is throwing a street party on Portland Street from 1 p.m. to 4 p.m.

Province-wide network of bikeways planned for N.S.

In Quebec, there's a 5,000-kilometre, province-wide network of bikeways known as the Route Verte. In Nova Scotia, efforts are being made to establish something similar.

The Blue Route would consist of multi-use trails, designated on-road routes and urban bike lanes. Together, it would create a continuous cycling network spine, connecting all 18 of the province's counties.

Nova Scotia has some great cycling conditions, but there are a lot of areas where riding

can be uncomfortable. The Blue Route is all about enhancing what we have and filling in the gaps.

"You will get on the Blue Route and know it will be continuous," says Ben Buckwold, the director of bikeways and Blue Route implementation for Bicycle Nova Scotia (BNS), the provincial organization of cyclists in Nova Scotia.

The hope is to implement the Blue Route within 10 years. The lengthy timeline isn't surprising given the project requires co-ordination

amongst all levels of government, as well as community groups and BNS.

BNS has begun collaborating with a provincial interdepartmental team, led by the Department of Transportation and Infrastructure Renewal, to help make the project a reality.

"They have been very supportive," says Buckwold.

As roads under the transportation department's jurisdiction come up for improvements, the appropriate work can be done to make them Blue-Route ready if they have been identified as being part of the network.

While the Blue Route will be an incredible thing for cyclists, it will also help build a culture of physical activity and active transportation in Nova Scotia.



COURTESY DAN CORBETT/FREEWHEELING ADVENTURES

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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has



This recipe serves six. ROSE REISMAN

only 120 calories, 1 gm of fat and 28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein.

The key is to cook your turkey completely to 165 F. Since there is not a lot

of fat in turkey, be careful of over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour.

I prefer the Indonesian mangoes, which are smaller and sweeter.

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until

tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the turkey burgers are cooking, combine the mango, red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

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CFL labour talks

New deal a tough sell: Union rep

Selling the new tentative agreement to the CFL's players may be a challenge, Hamilton Tiger-Cats union rep Peter Dyakowski said Sunday.

The players' association and CFL reached a tentative agreement late Saturday night on a new contract. The move averted a potential players' strike and, if ratified, would secure the league five years of peace.

But the CFLPA needed more than four hours Saturday night to sell the deal to its team reps during a conference call. Once news of the tentative agreement broke, many CFL veterans voiced their displeasure on social media.

"You hire a bunch of clowns and you are probably going to get a circus," tweeted Calgary Stampeders defensive back Jeff Hecht. **THE CANADIAN PRESS**

MLB

Hutchison drops another in Toronto

Jaime Garcia and two relievers combined on a three-hitter, Matt Carpenter and Jhonny Peralta homered, and the St. Louis Cardinals beat Drew Hutchison and the Toronto Blue Jays 5-0. Hutchison (4-4) allowed five runs and six hits in three innings, his shortest start of the season.

Hutchison (4-4) is 1-3 with an earned-run average of 8.72 in five starts at home this season. He is 3-1 with a 2.03 ERA in eight starts on the road.

THE CANADIAN PRESS

NASCAR

Earnhardt peaks late at Pocono

Dale Earnhardt Jr. passed Brad Keselowski down the stretch to win a thriller Sunday at Pocono Raceway.

Earnhardt led only 11 laps, but his No. 88 Chevrolet was the car to beat at the end, and he zipped past the dominant Keselowski, who had debris on his grille and a hot engine, with five laps remaining in the 640-kilometre race. Keselowski was second for the second straight race.

Earnhardt won the Daytona 500 and now has multiple wins in a season for the first time since 2004. **THE ASSOCIATED PRESS**

N.Y. behind despite working overtime

Stanley Cup final.

Rangers blame two OT losses on missed chances, weak calls

The New York Rangers returned home Sunday with a bad taste in their mouth.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in of a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two overtime contests, the Rangers trail two games to none going into Game 3 Monday at Madison Square Garden.

Asked it was goalie interfer-



Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

Trying to beat the odds

89.9%

Forty-eight teams have taken a 2-0 series lead since the Stanley Cup final went to the best-of-seven format in 1939. Of those clubs, 43 (89.9 per cent) have gone on to win the Cup, including the 2012 Kings.

ence on the King goal, a tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL."

Goalie interference is not reviewable under the current

rules.

Lundqvist was clearly unhappy, throwing his arms up in disbelief after the goal as he was pinned under King and McDonagh. He talked to the referee during a TV timeout soon after, seeking an explanation.

Lundqvist said after the game that he just wanted consistency, pointing to a goalie interference penalty to Rangers forward Benoit Pouliot in the second period.

"If they don't call that, you can't call what they called in

the second period," said Lundqvist, who thought Pouliot had been pushed into Jonathan Quick.

"We have the same play and they score. Like I said, I don't think it's a penalty but you've got to stop the play if the goalie can't move in his crease."

Vigneault tried to look at the positives.

"Both games we had opportunities," he said. "We didn't get it done. We're going home in front of our great fans. We're going to be ready for the next game." **THE CANADIAN PRESS**

French Open. Rafa's reign continues in Paris

Trying to beat Rafael Nadal at the French Open is the toughest task in tennis.

The pressure he applies, from set to set, game to game, point to point, shot to shot. That bullwhip of a high-bouncing, topspin lefty forehand. Those quick-reflex returns that help him break an opponent's serve — and his will.

Doing what he does so well on the red clay of Roland Garros, a surface and site he dominates so completely, the No. 1-seeded Nadal wore down No. 2 Novak Djokovic 3-6, 7-5, 6-2, 6-4.

Women's title

Maria Sharapova won her second French Open title in three years Saturday, beating Simona Halep 6-4, 6-7 (5), 6-4.

6-4 in a muggy final Sunday to win his ninth French Open championship and fifth in a row, both records.

"For me," Nadal said, "playing here in Roland Garros is just unforgettable, forever."

THE ASSOCIATED PRESS



Rafael Nadal bites the trophy after winning the final of the French Open against Novak Djokovic at the Roland Garros stadium in Paris, Sunday. Nadal won in four sets 3-6, 7-5, 6-2, 6-4. DARKO VOJNOVIC/THE ASSOCIATED PRESS

4 SPORTS

NBA

Shelly Sterling to maintain ties with Clippers: Sources

Los Angeles Clippers co-owner Shelly Sterling would remain close to the organization under terms of the pending sale to former Microsoft CEO Steve Ballmer, according to two individuals close to the negotiations.

The individuals, who are not authorized to speak publicly, told The Associated Press the \$2-billion deal allows for up to 10 per cent of the team to be spun off into a charitable foundation that Shelly Sterling would essentially run.

THE ASSOCIATED PRESS



Shelly Sterling
THE ASSOCIATED PRESS



The Heat's LeBron James shoots against the Spurs' Tim Duncan and Kawhi Leonard during Game 2 of the NBA Finals on Sunday in San Antonio.

ANDY LYONS/GETTY IMAGES

LeBron, Heat bounce back to even series

NBA Finals. James cramps San Antonio's designs of going up 2-0 in series

No cramps, no problems for LeBron James.

And with their superstar making it to the finish this time, the Miami Heat won Game 2, just as they always do when they drop an opener.

James had 35 points and 10 rebounds in a powerful bounce back from cramps that knocked him out of the key part of Game 1, as the Heat tied the NBA Finals with a 98-96 victory over the San Antonio Spurs on Sunday night.

Chris Bosh made the go-ahead three-pointer on a pass

Game 2

98

Heat

96

Spurs

from James with 1:18 remaining for the Heat, who have won 13 straight following a loss in the post-season. Just like last year, they rebounded from a loss to the Spurs to open the series.

Bosh had 18 points for the Heat. Game 3 is Tuesday night in Miami.

James played 36 minutes, making 14 of 22 shots. He was only 1-for-4 with three turnovers in a shaky first quarter,

then made 11 of his next 13.

After two days of enduring criticism for not finishing and getting suggestions on how to avoid cramps, James changed the subject.

"Got to play hard," James said. "I believe the man above will protect me. I just try to put myself and my teammates in position to succeed."

Tony Parker scored 21 points and Tim Duncan added 18 for the Spurs, but they went 0-for-4 from the foul line in a critical stretch of the fourth quarter, and those points loomed very large at night's end.

The game was played in comfortable conditions inside the AT&T Center, where an air-conditioning failure in Game 1 sent temperatures soaring to about 32 C.

THE ASSOCIATED PRESS

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June 9

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Horoscopes

Aries

March 21 - April 20

Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

Taurus

April 21 - May 21

The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

Gemini

May 22 - June 21

According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

Cancer

June 22 - July 23

You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

Leo

July 24 - Aug. 23

You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

Virgo

Aug. 24 - Sept. 23

Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

Libra

Sept. 24 - Oct. 23

Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

Scorpio

Oct. 24 - Nov. 22

It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

Sagittarius

Nov. 23 - Dec. 21

Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

Capricorn

Dec. 22 - Jan. 20

Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

Aquarius

Jan. 21 - Feb. 19

Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

Pisces

Feb. 20 - March 20

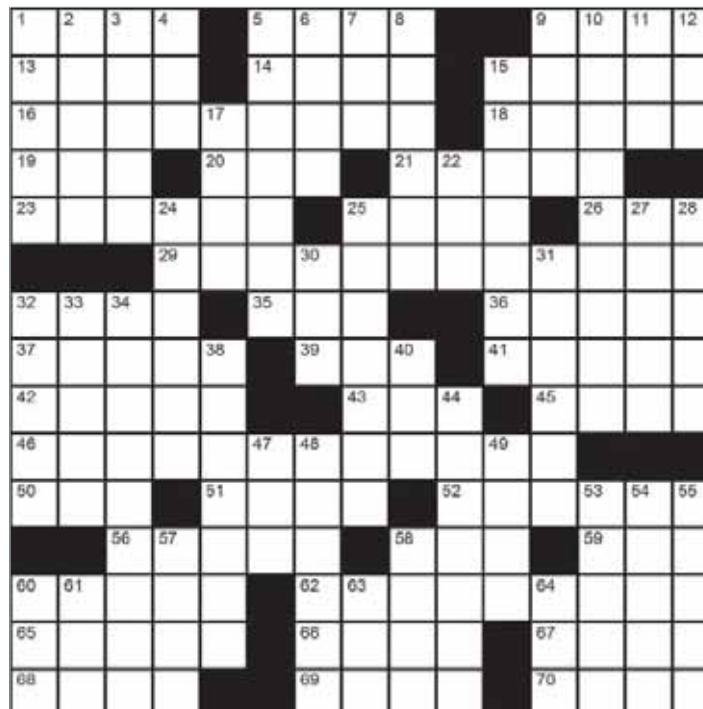
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Brain's frontal ____
5. Shape
9. Diminutive suffixes
13. Churchyard = God's ____
14. Hawaii happening
15. Ad
16. BC: Queen ____ Islands (Haida Gwaii, formerly)
18. Heart's "Crazy ____"
19. Energy unit
20. U.S. tax org.
21. Tortilla chips dip
23. Deodorant brand
25. 50 Cent's "Just ____ Bit"
26. 33.3 rpm-ers
29. Pre-Noah flood time, as in Donovan's "Atlantis"
32. Somewhat, in music
35. Ford Explorer, e.g.
36. Electrical pioneer Nikola
37. Bid ____ farewell to
39. "Way cool."
41. Participate
42. 2 to 1, for example
43. Modern
45. Time ____ the essence
46. ____! ____! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
50. Cardinals player's



baseball cap letters

51. "Titanic" (1997) star Billy
52. Not casual, as clothes
56. Actor Mr. Bridges
58. Dee's predecessor
59. Dynasty of China
60. Barcelona's country

62. Goddess in Tal Bachman's "She's So High"
65. Cavalry creature
66. Actress Sharon
67. Blue dye
68. "M*A*S*H" star Alan
69. Ms. Gaga
70. Grand ____ ON

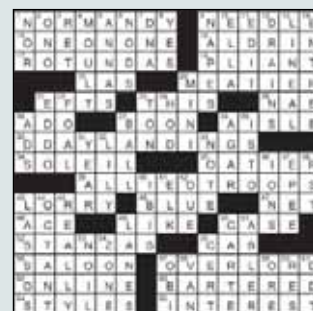
Down

1. Spiked
2. Rusty hue
3. British singer/activist Billy
4. 'Pamphlet' suffix
5. Broccoli 'blossoms'
6. Baseball stats
7. Informer, to an inmate

8. Oatsy dried fruit mix
9. Samovars
10. UELAC = United Empire ____ Association of Canada
11. Goth/rock fan
12. Old French coin
15. Contaminate
17. Hold on property

22. Garlic: French
24. Milos ____, Canadian tennis star
25. Move ahead
27. Prefix to 'anthropology' (Human-like fossils study)
28. Eat energetically
30. Switzerland's li'l location
31. Italy's city of canals
32. ____ nationaux du Canada
33. Work ____ (Gallery piece)
34. French actress Marion
38. CBC program hosted by Ann-Marie MacDonald: 2 wds.
40. Ant & ____ (Hosts of "Britain's Got Talent")
44. Hospital attendant
47. Light beam
48. Broadway tune bit: "... ____ that jazz."
49. Nabisco treat
53. Farm animal
54. Cannot be changed, ____ stone
55. Grant
57. Actress Ms. Rinna
58. Actor, ____ Michael Murray
60. Na Na's musical need
61. Parliament Hill fig.
63. French-Canadian ____ soup
64. Tap on

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	8	7	6	9	3	4	5	2
6	2	9	8	5	4	3	7	1
5	3	4	7	1	2	6	8	9
3	5	8	1	4	7	2	9	6
4	9	6	5	2	8	7	1	3
2	7	1	9	3	6	8	4	5
9	6	2	4	8	5	1	3	7
7	4	5	3	6	1	9	2	8
8	1	3	2	7	9	5	6	4

9						3	8
6				1	4		7
	4						
			3	2	6		
	2	7	4	6	8	1	
		9	5	1			
						2	
7			9	5			8
5	6						7

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24°/13°

Variable

Tuesday

24°/10°

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4 DAY SALE ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

**DRIVE NOW
PAY LATER
EVENT**

0*

PAYMENTS
UNTIL AUGUST

+ 0%*

PURCHASE FINANCING
FOR 96 MONTHS*
ON SELECT 2014 MODELS

+ \$0*

DOWN

+ \$0*

AT THE PUMP



2014
ELANTRA
4-DOOR

OWN IT FOR

\$67*

BI-WEEKLY

WITH

0%*

FINANCING FOR
96 MONTHS

+ \$0*

DOWN

+ \$0*

PAYMENTS
UNTIL AUGUST

\$0 AT
THE PUMP

VALUE OF
\$425*

4 DAYS ONLY, OFFER ENDS JUNE 9TH

NO PAYMENTS FOR 90 DAYS!

**PLUS
FREE**

**7 YEAR
WARRANTY**



2014
ACCENT 4 DOOR

OWN IT FOR

\$58*

BI-WEEKLY

WITH

0%*

FINANCING FOR
96 MONTHS

+ \$0*

DOWN

+ \$0*

PAYMENTS
UNTIL AUGUST

\$0 AT
THE PUMP

VALUE OF
\$425*

*Taxes, freight and fees not included. Vehicles not exactly as shown. See O'Regan's Dartmouth Hyundai for details. Offer ends June 9th, 2014.



O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaiddartmouth.com**